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ABSTRACT

The report helps to define problems and delineate available and needed services for older residents of the DuPage County area. The report contains a summary of Senator Charles H. Percy's keynote address, a brief discussion of a slide presentation, and a summary of an address, "Understanding the Older Adult", by Dr. Bernice Neugarten, University of Chicago. Approximately two-thirds. of the document consists of consensus reports from discussion groups related to health, education, spiritual well-being, retirement roles and activities, income, transportation, housing, employment and retirement, and nutrition. Group participants represented agencies and organizations which deal with problems of aging, local government, the church, education, the general public, and local senior citizens, including clients of local agencies and organizations. Each consensus report presents an ideal viewpoint, the present community situation, recommendations for immediate action, and recommendations for future planning. A main issue of all consensus reports was the need for central, on-going, and increased articulation among all organizations and individuals currently serving older adults in the area. A listing of conference staff and participants is appended. (EA)

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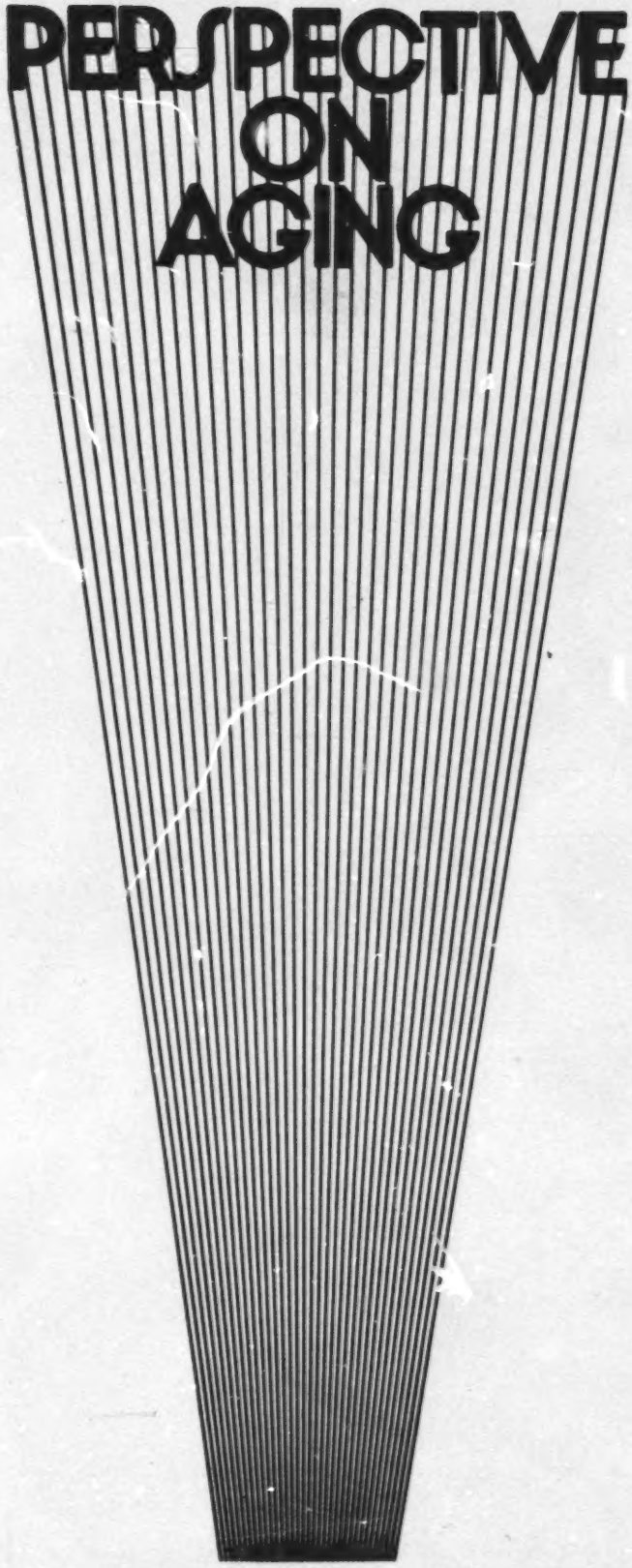

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Report of a Conference
Convened at College of DuPage,
Glen Ellyn, Illinois, October 25, 1972

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P R E F A C E

This report seeks to help define the problems which are foremost in the lives of older people in the DuPage County area and to delineate the services available and needed for our older residents.

The report is a result of a "Perspective on Aging" Conference which was held at College of DuPage, Glen Ellyn, Illinois, on October 25, 1972. The first of its kind in the United States, this conference was planned by representatives of the college, convalescent homes, the DuPage County Health Department, and centers for senior citizens.

In the initial planning stage, the conference was intended primarily as a review of local progress in implementing the recommendations from the 1971 White House Conference on Aging. It was almost immediately ascertained, however, that more than a progress report was necessary. What was really needed was an overview of the present situation which would enable those concerned to plan intelligently and pragmatically the services and programs which could fulfill the present and future needs of our older citizens.

This report is not intended to serve as a review or catalogue of services. Instead, one would hope it will be a debarkation point for the development of programs which will provide a better life for older Americans.

A C K N O W L E D G M E N T S

The success or failure of such a complex endeavor as this conference rests in the last analysis, upon the individual participants and their tireless devotion to the many tasks involved.

Although the list of devoted participants to this conference is so long that it is not feasible to reproduce it here, this author would like to thank publically:

The honorable Charles H. Percy, for taking time from his busy schedule to be Conference Keynote Speaker

Dr. Bernice L. Neugarten, for her informative presentation, "Understanding the Older Adults"

The Performing Arts Department, the Production Department of the Learning Resource Center, College Relations Office, Business Office, Staff Service, Custodial, Food, and Health Services, and the Security Office, for their special efforts

The many individuals from the Instructional Office staff who helped immeasurably to make the conference a success. It seems appropriate to mention them at this time.

Finally, a special note of thanks to the DuPage County Health Department, the DuPage Convalescent Home, and Oak Brook Senior Center, for their extra efforts in behalf of the conference.

William P. Treloar, Conference Director

PURPOSE AND OBJECTIVES OF THE CONFERENCE

To convene all persons and organizations involved with problems of aging in order to initiate an exchange of information and to promote a mutual awareness of the existence and scope of each.

To inform local residents about current service legislation and opportunities for older adults.

To examine the recommendations of the "1971 White House Conference on Aging".

To examine the current status of older adults in Junior College District 502. Cook, DuPage, and Will Counties, Illinois in light of the ideals established by the White House Conference.

To document the attitudes and recommendations of the participants of this conference.

To provide a profile of the local situation for the faculty and administration of College of DuPage for the purpose of further developing and improving the programs, services, and training directed toward the older adults in the community that it serves.

PROGRAM

9:00 a.m.	Conference, Registration and Coffee	
9:30 a.m.	Conference convenes	Dr. William P. Treloar Associate Dean of Instruction Continuing Education, College of DuPage
	Remarks	Dr. Rodney Berg President, College of DuPage
	Keynote address	Honorable Charles H. Percy United States Senator
	Another dimension . . .	Mrs. Leona Levy, Director Information, Counseling, and Referral Services for Seniors DuPage County Health Department
	"Understanding the Older Adult"	Dr. Bernice L. Neugarten Committee of Human Development The University of Chicago
	Visual presentation . . .	Mrs. Marge Blake, Director Oak Brook Senior Center
	Conference information	Mr. Ronald Reinecke, Administrator DuPage Convalescent Home
12:15 p.m.	Lunch	
1:00 p.m.	Discussion Session I	
2:15 p.m.	Discussion Session II	
3:15 p.m.	Summary Session	Mr. David B. Gottshall Assistant Provost of Psi College College of DuPage
4:00 p.m.	Adjournment	

C O N F E R E N C E F O R M A T

The overall design for this conference was to have all participate in an informative, large group meeting for the morning session, starting with Senator Percy's Keynote Address, continuing with the slide presentation, "Perspective on Aging" and finally concluding with Dr. Bernice Neugarten's address, "Understanding the Older Adult".

The afternoon meetings were small group sessions focusing on a number of problem areas confronting the aging in Junior College District 502: Physical and Mental Health, Education, Spiritual Well-being, Retirement Roles and Activities, Income, Transportation, Housing, Employment After Retirement, and Nutrition. Using a variety of local and national resource personnel, each small group held two sessions during which the participants attempted to compare and contrast present local conditions with those cited in the original 1971 White House documents.

What follows in this report is essentially the same order that the conference participants received it: an Abstract of Senator Percy's Speech, a short discussion of the slide presentation, and an Abstract of Dr. Neugarten's Speech. The Consensus Reports follow the general format that the afternoon session took; namely to look at the "Ideal" as indicated by the White House Conference and compare and contrast them to the conditions current within our district.

S U M M A R Y

Keynote Address Presented
By U. S. Senator Charles H. Percy
On "Perspective on Aging" Conference, October 25, 1972
College of DuPage, Glen Ellyn, Illinois

President Berg and Dr. Treloar, it is a pleasure to be with you this morning.

I cannot imagine a conference held anywhere, the subject of which is of more importance than this one. We hope to have the lives of our senior citizens improved as a result of such efforts.

There isn't an area of my Senate duties of greater satisfaction to me than working with the aging. It has been a life-long work because at an early age I saw society tell my father and 17 million other Americans they were unemployable during the depression of the '30s. The effect it had on his life and on my mother deeply impressed me. Later, at Bell and Howell, as chief executive officer, chairman of Bell and Howell Pioneers, and for 18 years chairman of our retirees, I began in 1950 to study this problem--because I found the people we least wanted to loose were prepared to leave early and those we had hoped might voluntarily leave were the ones who had never considered it. We saw the despairity, began mandatory retirement counseling at age 55, and even invited spouses in for 13 weeks of training on the problems of health, nutrition, finance, relationships with children and grandchildren, where to live--the transition to retirement.

Those 3,000 of us who participated in the White House Conference on Aging in December 1971, recognized its two-fold purpose: to focus the attention of the White House and our Chief Executive directly on the problem, and to make recommendations for the future. Of the 500 recommendations to come from this conference, we found that there is as much variety among the aging as there is in any category of humanity and that the senior citizenry is the only minority in America in which poverty increases every year.

As I talked with the many delegates to this conference, I found at once great hope and great pessimism--hope that the nation has, at last, recognized the importance of this problem and pessimism that this conference, like so many, would merely prepare a report to be filed in some obscure cabinet somewhere in Washington. I was absolutely determined that such should not and would not happen.

Ten months have gone by, and Congress and the President have responded. Since inadequate income was judged the number one problem among the aging, we proposed the largest increase in Social Security benefits ever enacted. Unbelieving colleagues of mine in the Congress thought we were merely bargaining and the pessimism on Capitol Hill concerning our chances for success was deeper than among the aging themselves. And yet, in spite of the House's original approval of 10%, the facts behind our case were so solid that the final result was a full 20% increase. We urged the White House to support this increase, and the President has now signed this bill into law.

In the Senate, I have constantly maintained the need for cost-of-living raises for the aging. If UAW workers, for example, get a merit

increase in addition to a cost-of-living increase, then is it not also at least equally right for those who worked diligently and are now retired to get an automatic cost-of-living increase? And so, because of an amendment which I instituted and others supported, cost-of-living increases will be automatically included in Social Security checks beginning the first of the year.

We have fought to right many wrongs. Since it is undeniably wrong to have retired workers receive less than welfare recipients, we included in this 1970 law a guaranteed monthly income of $130.00/individual and $195.00/couple, which although still inadequate, is a vast improvement over the previous minimal amount. It also seemed to me wrong for us to say a retired person can earn only $1,680.00 without a proportional loss of Social Security benefits. Such a philosophy was born in the '30s when 17 million people were out of work. Consequently, I fought to increase the limitation to $3,000.00 this year, for I feel we can afford it. We lost, I hate to say, but the benefit was raised from $1,680.00 to $2,100.00 and we are going to reintroduce in the first week of the 93rd Congress the $3,000.00 earnings limitation retroactive for this year. And yet the most discriminatory aspect of this situation was the notion that women can live cheaper than men. To have men receive 100% Social Security benefits and widows receive 82½% is also wrong. And so, on the President's desk today is a bill issuing 100% benefits for women.

There were other programs too. We were within four days of losing the hot meal program when Senator Kennedy and I introduced a bill to provide $250 million over the next two years for hot meals. Although

charges were made that people would take advantage of it, I have talked to 24 administrators of this program; and the element of fraud or greed is negligible. An economy that this year appropriated $5½ billion to support, control, and limit the production of six agricultural products should spend a quarter of a billion dollars to feed hungry, aging Americans. We now have the new Older American Act, creating an office in HEW which looks at the way we have set up property taxes for educating young people and the housing needs of the aging. I have also initiated legislation for construction funds to build senior citizen centers.

If Congress did enact some things, we failed in others. We failed, I think, to impose a spending ceiling on the Congress itself, a blow to the people living on fixed incomes. We also failed to reform our pension plans. We failed, because of a filibuster, to enact a Consumer Protection Agency Law, which would particularly help senior citizens who spend much of their income on the necessities of life. We failed to enact the Transportation Law to reduce fares for the 65-and-over on all modes of interstate transportation and every local transportation which uses federal funds. If standby has worked so well with the young, should it not work for those over 65? Why not fill those empty seats?

But there are certain things that we cannot solve at the governmental level, and that is why I must turn to all of you for help. What government cannot do, we as individuals can. The generations in the middle must draw a lesson from the antagnonism that both the aging and the youth feel toward us. We appear involved, useful, productive, working; and they do not. They feel alone, neglected, abandoned, and unwanted.

It is this gap that government cannot fill. This is what we cannot legislate against if we appropriate $200 billion a year.

We can, however, breach this gap in human ways. At Mundelien College, for example, Betty Jane Menconi had an idea; she now uses young people to do jobs as volunteers in nursing homes. She says, "There seem to be alliances between young and old. Neither seems productive; both seem rebelling against the same generation." These young people have found that they can give and are needed and wanted; young people have found that they can give just as the aging can find that they too can give in such programs as the Foster Grandparents Program. Through the Illinois Retired Teachers Association, retired teachers are now tutoring the physically and mentally handicapped. We all have handicaps of one kind or another, and age is merely one of them. The College of DuPage students are developing a volunteer program with the DuPage convalescent homes. Dr. Berg has provided complete support for this project. Today, I call upon all young people to use this avenue for their energies, their compassion, their understanding. To support this program, I have, in the past few weeks, written a personal letter to 1,100 nursing homes and 250 high schools in Illinois telling them of the work here at DuPage. I hope everyone in this room can help bridge the gap between young and old. I would have you remember the old quotation from the English essayist, Joseph Addison, who said:

> He who would pass his declining years with honor and comfort should, when young consider that he may, one day, become old and remember when he is old that he has once been young.

Thank you.

V I S U A L P R E S E N T A T I O N

"PERSPECTIVE ON AGING"

POTENTIALS FOR PROGRESS

The general impact on the slide presentation was, as the narrative states, "Changes are occuring. . . .We've come a long way, but we have a way to go. . . .Things are moving. . . .And in the change there really should be a way to keep what was good and not destroy the fabric of life along the way".

With the dramatic impact which a multi-media approach can produce, the presentation focused on the problems of aging--finances, pride, medical needs, rehabilitation, loneliness. By juxtaposing visual images of facilities currently in operation and problems which still need community attention, the presentation sought to demonstrate that although such is being done, much more needs to be done.

The visual images were complimented with voices--the voice of a narrator and the voices of older adults themselves--discussing the problems of the older adult. These statements illustrated the disparity between what is currently being done and what might be accomplished with more effective communication and co-ordination between various agencies and organizations in the local community. They demonstrate also the need for a humanistic society such as ours to address itself to the effective utilization of the vast experience and knowledge to be found in this section of our society.

S U M M A R Y

"Understanding the Older Adult" - Presented by Dr. Bernice L. Neugarten
Committee of Human Development, The University of Chicago
On "Perspective on Aging" Conference, October 25, 1972
College of DuPage, Glen Ellyn, Illinois

Thank you, Mrs. Levy. For a long time I have been involved with teaching about and researching the process of aging, and I wish to talk today about the difference between things I see now and those of 20 years ago.

I want to focus your attention on information which contradicts many sterotypes about aging; I was struck by these contradictions implicit in the slide presentation we have just seen.

But first some general information which any student of this subject must admit; the study of aging has taken on a social welfare point of view which, although important and good, is narrow. We are preoccupied with the problem of age--which implies the whole spectrum of health and social services--rather than the problem of aging. Although one out of every ten Americans is 65 or over, we focus our attention on the 5% who are institutionalized. Yet the most important thing is to keep people out of institutions. Thus, social and governmental agencies find themselves in the contradictory postion of simultaneously financially supporting institutions and also trying to get people out of them. It is fair to say that we are at that point in our study of aging that we were in the study of child welfare 20 to 30 years ago. I would have us study, instead, the fact that the society itself is growing older. And as a society grows older, there appear large-scale problems that need our attention. Since

most people in the United States do not isolate their aging parents, one of the important questions for the future will be about the relationships between generations in the four or five generation family. What new family arrangements must we build, for example, for housing? To what extent will institutions be a solution for all but a very small percent of people? Although we have talked since this morning about housing for older people, other counter-trends are also in progress. As people grow old and sick, they often live near or with family members. If an aging man, for example, is in need of care, he still gets it most often from family. The ties between generations are not weakening, contrary to what stereotypes might indicate. Further, retirement is not necessarily bad. In fact, evidence is that more people are choosing to retire earlier. Of course one has to have two things to live in retirement: health and income. A higher proportion of older people today have higher incomes; and Senator Percy this morning talked about increasing the incomes of the aging who are poor. The majority of older people are not and will not be poor. The big problem will not be money but the use of time.

From this perspective society faces some other large questions: How shall we, for example, create flexibility of life-styles? How shall we distribute leisure, education, and work is somewhat less than the usual fixed pattern moving from education to work to retirement? Should we, for example, let young people work and have middle-aged people go to school? Some reshuffling, some greater number of options, some attempts to create flexibility in life-style--these are major social problems. And at the same time we meet the needs of the aging, how shall we relate increasing proportions of age to other groups in society? Predictions indicate that

the proportion of 65 and over may in the next two decades, rise as high as 16 to 25%. Speculate on a society in which one out of four or one out of six people is over 65. What changes will we have to make in our economic institutions, incomes, families, and health programs? The economic and social fabric of society will undergo even more dramatic changes than we have seen since 1900. Suppose it doubles again the following two decades? How will we distribute the goods of society, both tangible and intangible? How do we deal with questions of increasing resentment toward the old in the society? How will we work out new balances for distributing, with relative equality, work for youth as well as for the aging--or political rights. How will we distribute leadership and power? These are enormously staggering problems for society, and although none of us has the answers to these questions as yet, I hope soon we can do more than play futuristic games.

To change the frame of reference for a moment, let me talk now about individual people. Every person is affected by how many other people there are, so what about how people grow old as individuals? The enormously important fact is that there is nothing about aging that creates similiarities between people. Only advanced old age is a leveler of individual differences. Further, although it is true that as one moves from 40 to 50 to 60 he experiences a series of chronic illnesses, most of these do not interfere with his life very much. In fact, individuals give a very different picture of their functional health than do their physicians. Although both pictures are in a way true, by and large most people come to the end of their lives without needing prolonged medical or psychological care. Old age today simply does not level out individual differences.

We would do everyone a great service, therefore, if we stopped talking about the old and talked instead about people, some of whom happen to be old.

People, as they move from young adulthood, to middle adulthood, to old adulthood become more different from one another, not more alike. Remember your classmates when you graduated from high school and ponder what those people look like now. Look at their interests, abilities, and life-styles. Look at them at age 40. Look at them again at age 60, and what you generally find is a fanning out; people become much more different over a long period of time. It is this fanning out which sustains individually until the very end of life.

That being the case, we need enormous variation in the services and an enormous increase range of services extended to the people who will become old. Moreover, old people are the voters. It is not the young who vote in high proportion; it is the old who do. We just finished a survey, a random sample of all people over 60 in the Chicago area, and the data shows that 90% of those people voted last time. People from twenty to twenty-five--and even into their early thirties did not vote in proportion more than 30%. And this aging vote will, in the future, be a mandate for future action.

But the only place one finds attention concerning the future and aging is in colleges and universities. We know the future population of the aging is going to be enormously varied. And these aging will be different from the old of today in one major way; they are going to demand more. Presently, many older people are disadvantaged because they are under educated, under skilled--therefore, under paid. Although I do not wish

to paint the over-rosy picture that poverty is going to diminish for all older people in the next decade or two, this group is going to be generally more skilled, better educated, generally less bound by the Protestant work ethic--thus better prepared to use leisure time. In general, we should create everywhere we can, greater options for these people as they grow older.

I want to make just one more comment. The role of education in this matter is becoming critical. The role of institutions of higher education are being focused upon this problem now in a new way. It is likely that in the next ten years every college, every university, is going to put some material in its curriculum regarding the problem of the aging. And what of the high schools? Or the elementary schools? How are we going to begin to teach little children, older children, and adults the facts of the life cycle? This is going to be the thrust of education in the next decade. It means preparation of people for work in the field. We will need paraprofessional people and professional people to work in specially created new roles. We also have to educate the general public concerning the relations between generations, the relations between age groups within a generation, and the relations of the age distribution in the society to all forms of life. The goal of a society, it seems to me, should not be necessarily to add years to life, but life to years.

CONSENSUS REPORTS

Introduction

The following reports are from the separate discussion groups, compiled by the personnel of each group immediately following the two work sessions. The reports were prepared with the assistance of the participants representing agencies and organizations which deal with problems of aging, local government, the church, education, the general public and local senior citizens, including clients of local agencies and organizations.

After a briefing on the recommendations made at the 1971 White House Conference on Aging, each group, challenged with a statement of the ideal situation, was charged with the task of putting into perspective the status of the older adult in the local community served by College of DuPage and making recommendations for immediate and future action at the local level.

The reports are intended to reflect the common opinion and attitude of the participants of each topical group. The recommendations go no further than to name problems and ideal outcomes. There are no specific suggestions for solutions, and they are addressed to the local community at large.

Because of the deep concern of the participants in the discussion groups, the subject matter often ranged beyond the assigned topic. This material was also retained in the report.

H E A L T H

THE IDEAL . . .

"In the ideal community, older people would be able to get the medical care they needed, when they needed it, at a price they could afford. The health system would be organized to include preventive measures and early detection and treatment for even relatively minor conditions. Regular examinations would be available to all.

If an older person became ill, a true continuity of care would be available. Acute illness would be treated in a hospital. Recuperation would take place in a rehabilitation setting equipped with the latest devices operated by trained personnel. And older people would be considered as deserving of rehabilitation services as the young.

When a convalescent returned home, visiting nurses, health aides, and homemakers would be available to help him make the transition back to the community. If left with a disabling condition, he could be helped to live and move around in a world that provided him with services and housing designed to meet his needs.

For a frail elderly person, not in need of around-the-clock nursing care, there would be special housing in his own community where he could live in his own room, eat with a group of peers, and received what help he needed for self-care.

And all of this would be available, as a right, at a price he could afford to pay. In such a community the terror would have been removed from old age. It is not death the elderly fear most, but life - perhaps long years of life - under impossible conditions." *

THE SITUATION IN OUR COMMUNITY

1. There is not enough utilization of paraprofessionals in services for the aged.
2. Coordination of services is lacking in our community.
3. There are no low-cost or free screening, follow-up, or care services.
4. Home services are limited, for example, 24-hour temporary live-in sitter services.
5. There are not enough generalists among the physicians and agency services.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. "Drop-in" centers staffed by paraprofessionals should be established for screening and well adult care.
2. More of a team concept should be developed in health care systems.
3. Communication concerning available services among the agencies and to the public at large should be improved.
4. Health personnel should be educated to improve their understanding of the elderly.

RECOMMENDATIONS FOR FUTURE PLANNING

1. Long term educational programs on problems on aging should be developed for all age groups. The programs should include education for the use of leisure. Senior citizens should be encouraged to enroll in these programs by reducing or waiving the tuition requirements.
2. Short term care services (sitter, day care, etc.) should be

developed.

3. A mobile multiphasic screening unit should be established to bring service directly to the elderly.

4. The concept of the general practitioner should be re-introduced into health services.

*The quotation at the beginning of this and all subsequent reports is taken from "Second Reader", published by the Administration on Aging of the United State Department of Health, Education and Welfare. This document was sent to participants in the 1971 White House Conference on Aging in advance of the conference.

EDUCATION

THE IDEAL . . .

"In the ideal life, each individual would be able to find education tailored to his needs any time during his lifetime.

Older workers, for example, would receive pre-retirement education to prepare them to use their leisure during retirement to best advantage, as well as to prepare them for the inevitable changes that may be expected throughout retirement.

Older people who never completed their formal education when they were young could do so after they retired if they chose. Others could take general courses to update their knowledge in specific areas."

THE SITUATION IN OUR COMMUNITY

Although courses in selected topics are available at some locations, many elderly do not take advantage of these available opportunities because of transportation, language, and other problems.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. A survey should be conducted to determine the educational needs and desires of the elderly, especially the isolated elderly.
2. Communication regarding present educational opportunities for the elderly should be improved, e.g. College of DuPage should offer courses in nursing homes.
3. There should be free or reduced fee courses for older adults.
4. The older adult should have the same opportunity to be exposed to fair bipartisan presentation of election issues at all levels as

are the younger adults in the educational mainstream.

5. There should be more educational opportunities for the older adult in the afternoon - not just in the evening.
6. College of DuPage and other colleges in the area should bring more courses to "drop-in" centers which would make attendance more convenient for the more physically restricted older adults.
7. College counselors should expand their services to include advising older adults on second career opportunities.
8. College counselors should make some of their time available to the elderly for the same kind of general counseling that is available to the youth of the community. This might be on a one day per week basis, properly publicized.

RECOMMENDATIONS FOR FUTURE PLANNING

1. Educational programs should be developed on the basis of the above recommended survey.
2. The results of the above survey should be disseminated to churches and other leadership groups.

S P I R I T U A L W E L L - B E I N G

THE IDEAL . . .

"In the ideal life, all older people would have meaningful roles, and they would be assured of fulfillment and a satisfying old age."

THE SITUATION ON OUR COMMUNITY

1. The older adult in our community needs more opportunity for interpersonal religious experience with the involvement of the total community.
2. There is a need for more information on services and facilities that are available to the aged.
3. There is not enough opportunity for the aged to give of their personalities and expertise to the community.
4. Existing programs for the older adult, especially educational programs, are not adequate.
5. There is too little reaching out by the community to the homebound.
6. It is difficult for our older adults to find employment opportunities, both paid and unpaid.
7. There is a need for more services for the terminally ill.
8. Available helping services lack coordination and publicity.
9. Programs for mixed age groups are lacking. (This discussion group had good representation from youth and elderly, and the response was unanimous for more opportunity for more discussion of the type that was enjoyed at this conference.)

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. An inner awareness must be developed on the part of volunteers for the people they serve by publicity and personal action.
2. Counseling and group services should be developed for the terminally ill and grieving.
3. Training should be available for volunteers who work with the aged.
4. Local councils should be developed to process needs and coordinate services; representatives of these local councils should serve on a county-wide council.
5. Senior citizens should be given the opportunity to furnish leadership to local youth (for example, to serve as foster grandparents) and to share their expertise within the educational system.
6. Industry should advertise job openings that can be filled by the elderly.
7. Institutions and social events should be coordinated in such a way that people of all age groups can mutually give and receive help.
8. Churches and other agencies should establish mending and sewing services to help the aged.
9. Newspapers should publicize commendible services and incidents that involve help and comfort for the aged.
10. Individuals should be encouraged to take personal initiative to meet perceived needs and not to wait for leadership or "sanction".

RECOMMENDATIONS FOR FUTURE PLANNING

1. Educational institutions should develop plans for making better use of their facilities as meeting places for the aged.
2. Conferences of the type here recorded ("Perspective on Aging" at College of DuPage) should be held quarterly to discuss concerns as they develop.

RETIREMENT ROLES AND ACTIVITIES

THE IDEAL . . .

"In an ideal world, older people would have a definite place and status - a feeling of still being useful, needed, and counted.

The fortunate, who chose to live alone, would have family or close friends nearby, relationships to draw upon in adversity.

The retired employee would have prepared himself for retirement by developing absorbing interests during his lifetime. He would have options of traveling if he had the money, volunteering his services in causes that interested him, pursuing education, taking up a craft or an art."

THE SITUATION IN OUR COMMUNITY

1. Lack of transportation is a barrier to participation in leisure role activities.
2. Programs, services, etc. for older adults are not publicized.
3. Senior citizens are in need of more social contact and fellowship.
4. The older adult is not particularly interested in commercial forms of recreation and in the acquisition of material goods.
5. The older people in our community are "hiding"; they use their age as an excuse for not taking part in the affairs of the community.
6. There is a prevailing belief that poor health and lack of confidence is necessarily concurrent with old age.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. A better transportation system should be developed to give our

older adults their rightful access to the community.

2. The senior citizen should be offered more options for individual choices of activities.
3. Programs should be designed to "push" older adults into involvement and exposure to new opportunities.
4. There should be more opportunity for people of all ages to acquire realistic knowledge about the process of aging.
5. Programs should be developed that will result in community involvement in our nursing homes.

RECOMMENDATIONS FOR FUTURE PLANNING

1. Programs should be developed that will make it possible for people in their earlier years of life to pre-plan their retirement and develop life-time outlets.
2. Opportunities for older adults should be designed so as to be open to all but optional for all.
3. Some form of bureau should be established to coordinate volunteer services for the aged.

I N C O M E

THE IDEAL . . .

"In an ideal world, every older person would have enough income to pay for nutritious food, a comfortable home, the clothes he needed, transportation when he needed it, medical care and medicines, and participation in the total life of his community.

When he retired from full-time employment, he would not suddenly become poor. After a lifetime of contributing to his country's prosperity, he would not suddenly be barred from sharing in it, nor his ability to contribute questioned."

THE SITUATION IN OUR COMMUNITY

1. In view of the fact that we are the fourth most affluent county in the nation, we have too much substandard housing.
2. People are moving out of the county and the state after retirement, because they can not affort the high taxes, rent, and the other costs of maintaining property.
3. Little or no additional income to supplement Social Security forces people to return to work after retirement.
4. There is a reluctance on the part of older citizens in the community to accept welfare.
5. Many of the older people in our community are women, and jobs are even more scarce for them.
6. The costs of medication and transportation are too high for our older residents.
7. Older people must pay taxes for education.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. The older adult should enjoy preferential tax treatment.
2. A depreciation factor should be applied to older houses for tax purposes.
3. Citizens over 65 years of age should be excluded from paying school taxes.
4. There should be subsidies for health care and transportation.

RECOMMENDATIONS FOR FUTURE PLANNING

1. There should be an ongoing upgrading of benefits for older adults.
2. There should be medical coverage for those who retire early, between 60 and 65 years of age.

TRANSPORTATION

THE IDEAL . . .

"In the ideal community, transportation to stores, clinics, senior centers, and other recreation would be available to every older person."

RECOMMENDATIONS AND FACTS

(NOTE: Because of the special nature of the transportation problem in our community, the entire session of this discussion group was devoted to the exchange of information on ways to effect change and on the specific agencies to whom requests for change must be addressed.)

1. Local government must be convinced of the need for transportation for our senior citizens. Federal money is available for demonstration, technical studies, and capital grants through the Urban Mass Transit Administration, but requests must go through local government. (A manual of all transportation programs funded by UMTA is available from Governor Norman Erbe, 300 South Wacker Drive, Chicago.)
2. Other sources of funds for developing transportation programs are: Social Rehabilitation Service (under HEW) and the State Department of Transportation.
3. Local governing bodies must be faced with continuous reminders of the transportation problem through personal letters, demonstration, and actual attendance of interested parties at their sessions.
4. For action at the congressional level, petitions to congressmen are worthless. Such action can be stimulated only through floods of personal letters and frequent physical appearances of interested parties in the congressional offices.

5. A bill is now pending that would create a "Regional Transit Authority" that would coordinate all public and private transportation in nine Northeastern Illinois counties. The bill is likely to pass.
6. Requests for changes in existing transportation systems in our community currently must be addressed to the specific company or agency in question:
    a. local private bus companies
    b. Chicago Transit Authority
    c. Northwestern Railroad
    d. Transit District Official Board (for Burlington, Illinois Central, Milwaukee Road, and the Rock Island Line).
7. Problems of air transportation must be addressed to the Civil Aeronautics Board, which fixes rates, etc. for all airlines.

H O U S I N G

THE IDEAL . . .

"In the ideal community, older people would have a number of choices of where to live and how much to spend.

There would be low-cost housing built with features for the convenience and comfort of older people, including areas for recreation and services. There would be moderately priced housing for those with slightly higher incomes. There would be congregate housing for the frail elderly where group meals were served.

Older people, if they chose, could live in retirement developments where they would have the companionship of people their own age or they could continue to live in the community with neighbors of all ages.

Elderly homeowners would be able to obtain low-interest loans to keep their houses in good repair and some method would be provided for them to meet their real estate taxes."

THE SITUATION IN OUR COMMUNITY

1. Elderly citizens in our community do not know about government housing programs.
2. There is only one housing project for the aged, which has been initiated by private interprise in our district.
3. Planning officials and officers of local government are not responding to the need for housing programs for the senior citizen. They are unaware of or unsympathetic to the problem of low and moderate income housing for the elderly.
4. Elderly people are being forced out of their homes because of high

taxes and high rents.

5. Zoning is discriminatory against low and moderate income housing for the elderly.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. Ways should be found to encourage the building of low and moderate income housing in every area of our community.
2. Each municipality in our community should set up a housing commission.
3. County zoning and planning commissions in our district should be urged to draw up and execute actual plans of action for dealing with the problem of housing for our older adults.
4. An ongoing committee should be organized for the purpose of educating and making recommendations relative to the establishment of low and moderate income housing. College of DuPage should set up the mechanism for coordination of activities toward this end.
5. Another conference of this type should be organized to examine the need for low and moderate income housing in our community, and local politicians should be brought in on the discussion.
6. Specific contracts should be negotiated with H.U.D., to whom interested citizens or groups could be referred.
7. Community groups, churches, service organizations, etc. should be encouraged to become non-profit sponsors of low and moderate income housing projects.
8. A copy of this report, together with a cover letter, should be sent to influential people in the community to solicit their support for housing programs for the elderly.

9. The discussion group endorses the efforts of the Leadership Council in its efforts to establish a "Fair Share" housing plan for the Metropolitan Chicago area.
10. The discussion group recommends support of the National Retired Teachers Association, American Association of Retired Persons, Joint Illinois State Legislative Commission in its program to implement the White House Conference on Aging recommendations on housing.

RECOMMENDATIONS FOR FUTURE PLANNING

1. Lobbying for tax credits for older adults should be encouraged.
2. Programs should be developed to help the elderly citizens maintain their own houses.
3. Labor Unions should be approached to consider the possibility of offering home repairs at special senior citizen rates.
4. Lobbying should be encouraged for direct subsidy to older adults with low and moderate income to help them meet their housing needs.

EMPLOYMENT AND RETIREMENT

THE IDEAL . . .

"In an ideal world, older people who wanted and were able to work would be able to find a job. The age of an older worker would no longer be a barrier to his employment. He would be judged on ability only, not on chronological age.

If his skills were no longer marketable, he would be retained just as younger workers are, with the training paced to his learning rate and with training allowances to support him and his family while he learned.

A worker would be assured of employment for as long as he wished. He would be able to build his entitlement to social security benefits - and a pension - until it was high enough to support him during his retirement years."

THE SITUATION IN OUR COMMUNITY

1. Availability of vocational training and basic education programs (e.g., language for aliens) is limited for older adults.
2. Underemployment of our older adults after retirement results in a loss of resources for both the individual and the total community; the community is not functioning at full capability.
3. Retirees need to work both to supplement their income and to qualify for medicare benefits.
4. The retiree is mostly interested in part-time work and such work is available in service industries.
5. Transportation is a major barrier to employment for the retired

person.

6. There is no clearing house for jobs available for older adults.
7. Widows with no experience or outdated experience lack confidence to face the job market.
8. Potential employers of the aged are restricted by requirements of pension plans, insurance plans, union regulations, etc.
9. Older workers are often more dependable workers but large numbers of them do not apply for jobs because of the many restrictions.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. Employers should be encouraged to hire retired persons for consulting jobs through which the older person could share his experience and expertise but avoid the normal strain of responsibility.
2. Local newspapers should be encouraged to give free space to list jobs (and offers of transportation to jobs) for older adults. If none is willing, perhaps a private foundation or service organization could underwrite the cost.
3. A survey should be conducted to determine the types and nature of jobs available for older adults so that training programs can be developed to prepare and qualify them for such jobs.
4. Free training programs should be established to prepare retirees for continuing part-time employment (such training is now available in tax work, for example).
5. Older adults should be organized so that they could exert pressure on local government and industry to remove the barriers to employment.

RECOMMENDATIONS FOR FUTURE PLANNING

1. An employment system should be developed and coordinated so that people over 65 could be employed in service jobs to help one another.
2. Homebound work programs should be developed (the Illinois Association for Crippled might be contacted for information on their programs).
3. Ways should be found to influence change in legislation governing benefit plans so that it will be easier for companies to hire older workers.

N U T R I T I O N

THE IDEAL . . .

"In an ideal world, everyone would be able to eat as much of the proper foods as he needed."

THE SITUATION IN OUR COMMUNITY

1. There is a lack of awareness of resources available in the community relative to assuring an adequate and nutritionally sound diet for our older adults.
2. Even the older citizen who is sophisticated in matters of nutrition can not always be sure that the food he is eating is safe for his condition.
3. Transportation is a major barrier to good nutrition in our community, because shopping areas are often too distant from housing areas.
4. Elderly people who live alone tend to neglect their nutritional needs.

RECOMMENDATIONS FOR IMMEDIATE ACTION

1. There should be more attempt made to better publicize the many fine programs and services that are already available to assist the elderly in enjoying a healthy diet.
2. The availability of food stamps should be better publicized, and more intake offices should be established.
3. Programs should be developed to educate the elderly in matters of nutrition and personal financial management.
4. Share-the-ride programs should be established to help the elderly to lay in the supplies that they need.

5. Local grocers should be encouraged to offer and publicize special home deliver to the aged.
6. Restaurants should be encouraged to attract the elderly by offering special foods and prices.
7. Private families should be encouraged to organize to prepare food for the homebound in their neighborhoods.
8. Organizations should establish and sponsor various forms of group dining, for example center dining (regularly scheduled meals for senior citizens in schools, churches, etc.) and share-the-cooking (organizing older adults into groups of 4 or 5 who take turns cooking for each other). The sponsoring organization could offer advice on nutrition, quantities, and appropriate menus. They could enhance the pleasure by recommending ethnic menus.

RECOMMENDATIONS FOR FUTURE PLANNING

1. Food merchants must be convinced of the importance of insuring a safe food supply for older adults with special dietary problems by offering a more exact labeling of foods with respect to potantially harmful additives and real food value.
2. Future planning of housing in the community should take into consideration the accessibility of food sources.

SUMMARY OF CONSENSUS REPORTS

From reading the Consensus Reports one gets the impression that a great deal is being done currently to move College District toward the implementation of the IDEAL as stated in "The Report of the White House Conference on Aging". It also appears that more is needed if this IDEAL is to be reached.

The main idea which seems to pervade all of these Consensus Reports is the need for some central, on-going, and increased articulation among all organizations and individuals currently serving the older adults in this area. The purpose of such a central articulation might be three fold. First, it might identify for the existing organizations areas of concern, emphasis, and overlap. Second, it might provide input to the local agencies currently serving adults to find ways to help these agencies broaden and improve their services. Finally, it might also be the educational institutions better perceive how they might find original and unique ways to help the older adults assist themselves with education, recreation, and fulfillment.

Evident in several reports is the complexity and overlap to be found in dealing with the effective utilization of the experience of the older adults themselves. With some central force conducting a continuing dialogue, the necessary co-ordination between all concerned might eventually lead to: the initiation of appropriate legislation, the establishment of support and resource committees and persons, the founding of a forum for the older adults themselves who have the expertise and experience to aid immeasurably in the solutions of problems,

and the sponsorship of programs, particularly of an educational and/or recreational nature, to involve more of the local adults.

Such an Articulation Committee, comprised of agencies and citizens from all brackets of society and meeting at regular intervals, would focus the efforts of the entire local society on problems it deemed important and solutions it saw possible.

ADDENDUM

CONFERENCE STAFF AND GUESTS

Speakers:

Honorable Charles H. Percy
United States Senator

Dr. Bernice L. Neugarten
Committee of Human Development
University of Chicago

Remarks:

Dr. Rodney Berg
President
College of DuPage

Steering Committee:

Mrs. Marge Blake, Director
Oak Brook Senior Center

Mr. David Gottshall, Assistant Provost
Psi College
College of DuPage

Mr. Leroy H. Jones, Director
The Bensenville Home Society

Mrs. Eunice Kelly, Director of Nursing Services
DuPage County Health Department

Mrs. Lauraine G. Kushmer, Secretary
National Retired Teachers Association
American Association of Retired Persons
Joint Illinois State Legislative Commission

Mrs. Leona Levy, Director, Information, Counseling, and
Referral Services for Senior Citizens
DuPage County Health Department

Dr. Barbara Lowther
Associate Professor of Psychology
North Central College

Mrs. Vi Marousek, President
Senior Friendship Club
Downers Grove Youth Center

Mr. Ronald Reinecke, Administrator
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Miss Marie Riedy
Committee Member
Ad Hoc Retirement Committee

Dr. William P. Treloar, Associate Dean of Instruction
Continuing Education
College of DuPage

Mrs. Anna Yuan
Project Director
Southwest Suburban Council on Aging

Discussion Group Personnel:

Topic . . . . . PHYSICAL AND MENTAL HEALTH

Chairman . . . . Mrs. Eunice Kelly, Director of Nursing Services

Resource Persons. . Dr. Wilma Inskip, Clinical Psychologist
Mercyville Hospital, Aurora

Mrs. Pearl Fear, Rehabilitation Consultant
DuPage County Health Department, Wheaton

College of DuPage
Faculty . . . Mr. Richard Dobbs, Mrs. Betty Yackley

Topic . . . . . EDUCATION

Chairman . . . . Mrs. Dorothy Stauffer, Administrative Assistant
Second Career Institute

Resource Persons. . Mr. Raymond Hosteland, First Assistant Superintendent
DuPage County Educational Service Region, Wheaton

College of DuPage
Faculty . . . Miss Dulce Hornvale, Mrs. May Ryburn

Topic . . . . . SPIRITUAL WELL-BEING

Chairman . . . . Mrs. Marguerite Kroeplin, Social Worker
Oak Brook Senior Center

Resource Persons.	Mr. Larry Berson, Director of the Family Service Agency Family Service Association of DuPage County, Glen Ellyn
College of DuPage Faculty	Mr. Robert Bollendorf, Miss Nancy Zdarko
Topic	RETIREMENT ROLES AND ACTIVITIES
Chairman	Mrs. Marge Blake, Director Oak Brook Senior Center
Resource Persons.	Mr. Richard Crabb, VIP Coordinator VIP Council of Northern Illinois, Wheaton
	Mrs. Mary Lubko, Director of Senior Programs Wheaton Park District
College of DuPage Faculty	Mr. Lance Lindquist, Dr. Carl Lambert, Miss Pam Lowrie
Topic	INCOME
Chairman	Mr. John Farrell, District Manager Social Security Administration, Aurora
Resource Persons.	Miss Bobbie Keiller, Supervisor DuPage County Department of Aid, Wheaton
	Mr. Jack Geppert, Branch Manager Villa Park Social Security Office
College of DuPage Faculty	Mr. Arthur Rose
Topic	TRANSPORTATION
Chairman	Governor Norman A. Erbe, Secretarial Representative United States Department of Transportation
College of DuPage Faculty	Mr. Rodney Holzkamp, Mr. Paul Turner
TOPIC	HOUSING
Chairman	Mr. Louis Vevere, Consultant Formerly with H. U. D.
Resource Persons.	Brother Don Garrigan, Administrator Mayslake Village, Oak Brook

Mr. John Neary, Assistant Director
Hope, Inc., Wheaton

Mr. Kenneth Wise, Chairman
Naperville Elderly Homes Inc.

Mrs. Lauraine G. Kushmer, Secretary
National Retired Teachers Association
American Association of Retired Persons
Joint Illinois State Legislative Commission

College of DuPage Faculty . . . Mr. John Senffner

Topic . . . . . EMPLOYMENT AFTER RETIREMENT

Chairman . . . . Mrs. Nancy Theis, Assistant to the President
Phillips Research Foundation

Resource Persons. . Mr. John T. Crilly, District Manager
Mature Temps, Chicago

Mr. Edward Ruehrwein, Employment Counselor
Illinois State Employment Service, Aurora

College of DuPage Faculty . . . Dr. Travis Brasfield, Mr. Forest Montgomery

Topic . . . . . NUTRITION

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Mr. Clarence Fewer, Research Analyst
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Miss Myrtle Meritt, Chief Nutrionist
Cook County Department of Public Health

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